

Meaning swift and
valued runner,
the *Kukini* in ancient
times took news from
one Hawaiian leader to
another.

HICKAM *Kukini*

Serving the Air Force Hawaii Community

**Team Hickam
Congratulates**

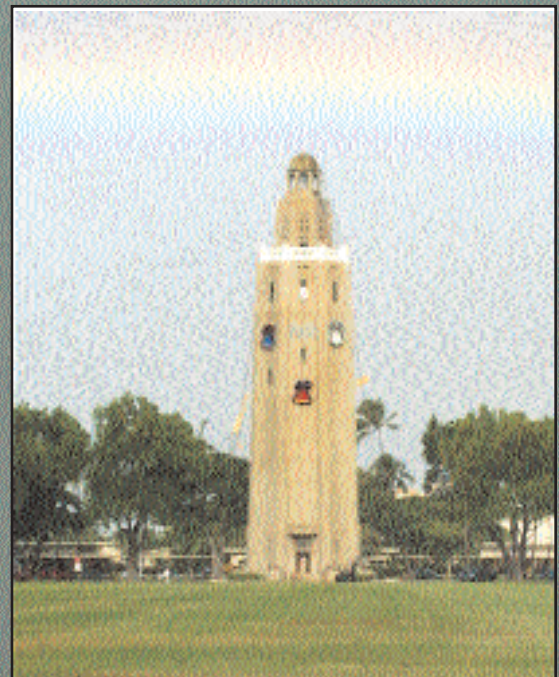
*Major and Captain
selects
See page 3*

Vol. 12, No. 8

March 5, 2004

Hickam AFB, Hawaii

It never rains but it pours





Know your officer development plan

By Col. Ray Torres
15th Airlift Wing commander

Last month I traveled to the Air Force Personnel Center to participate in the first active-duty officer force development conference for mobility-rated officers.

The objective had been made very clear by Air Force Chief of Staff Gen. John Jumper.

"Force development will enable us to focus on each individual by emphasizing our common airman culture while offering a variety of choices that respects the distinctive elements of your career field," General. John Jumper said.

Force development is not new to many officer career fields. Several, such as public affairs, meet routinely to discuss the placement and growth, balanced against Department of Defense and Air Force needs, of their officers.

In January, flag officers and wing commanders from every theater traveled to AFPC to tackle its two largest officer career fields, mobility and combat-rated officers. These officers make up roughly 8,000 officers in each career track, more than 16,000 officers in the Air Force.

We worked only the summer assignment cycle and reviewed more than 800 mobility officer rated records from senior captains to lieutenant colonels for career development.

This year's groups of officers had all the variances of other Air Force careers to consider. Some were late rated, others were banked and some had already performed an Air and Education Training Command tour.

In developing the careers of mobility-rated officers the available skill pairings included aerospace power employment, mobility operations, acquisition, logistics, space, political military, plans and programs, information operations, and education and training. All the rated skill pairings (fighter, mobility, bomber, command and control intelligence surveillance and reconnaissance and special ops) are very similar in skill pairings.

We took all this information into each panel, which consisted of at least six flag officers or wing commanders, reviewed each individual's folder and recommended their development. We matched officer desires with Department of Defense and Air Force needs and recommended skill pairings for each rated mobility officer. Two other force development conferences were held for combat and special operations rated

officers, with the same process.

Each folder we reviewed had the member's computerized personnel record, complete records were available if needed, and their transitional officer development plan (T-ODP). We balanced each individual's experience, desires, potential with the department and Air Force needs. The T-ODP played a large role, when the individual's desires made sense, were supported by their supervisor and met the needs of the department and Air Force.

Although roughly two-thirds of the folders had T-ODPs, which we considered heavily, about one-third of these officers made no input to the panels by not having a T-ODP for us to consider.

January was the first round of conferences to force develop our rated officers. Although there will be fine tuning as we work to further develop our force and focus these conferences one thing was very clear.

If officers want an input into their assignments and career development they should complete their T-ODP and discuss their careers with their supervisors. By not having a T-ODP the panel members have only a part of the story to help every Air Force officer reach their full potential.

Action Lines

Editors

Note: The purpose of the Action Line is in its name – it's your direct link to me so we can work as a team to make Hickam a better community. It also allows you to recognize individuals who go "above and beyond" in their duties – and we all know there are plenty of those folks here. All members of Team Hickam are welcome to use the Action Line, however, I urge you to give the normal chain of command the first crack at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility. If you have done this and are still not satisfied, give my commander's Action Line a call. If you want me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response. I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.



Col. Ray Torres
15th Airlift Wing commander

Positive, flexible attitude helps face changes, meet challenges

By Lt. Col. Joanne Kile
11th Mission Support commander

BOLLING AIR FORCE BASE, D.C. - Change is an ever-present part of today's Air Force. It is part of what makes our force great. When we switch leadership, whether it is a new commander at the wing, group or squadron level, or when we move to a new installation, we are providing ourselves an opportunity to do our job better.

A new set of eyes perceives performance in a new light. A new set of eyes inspires us to reach the next level of improvement. A new set of eyes makes us uncomfortable, which is a good thing.

Leadership change, like all change, is about the unknown. We don't know the expectations, and we don't know if we will meet them or not. Still, we don't need to be afraid of change; we need to embrace it and learn from it.

Embracing change is all about attitude. Being positive, open to ideas and ready for new challenges makes it easier to adapt and improve when change occurs. And change will occur.

Think about Air Expeditionary Force rotations. Every 90 days, a large number of Air Force folks are rotating into forward-deployed areas and an equal number are rotating back to their home units. That is change. The section you left doesn't stand still waiting for your return, it moves forward.

The checklist may be updated; your NCO in charge may PCS; your best friend may get married. It all changes. Even the forward area must adapt to a new set of airmen with the same core values and skills but different ideas on executing the mission every 90 days.

Another example of change is the new Air Force fitness assessment. This assessment directly supports our expeditionary culture and prepares us to be healthy, physically fit and capable of performing in any environment: air, space, mountainous terrain, desert terrain, arctic terrain or home station.

This new assessment emphasizes physical fitness and makes it an integral part of day-to-day operations. Unit physical training is also building esprit de corps and teamwork, leading to a stronger unit. Because of this, our expeditionary mission – and whatever the Air Force is asked to do next – will only benefit from this change.

Operating in a comfortable environment, an environment where everything happens as we expect, when we expect and with whom we expect, doesn't prepare us for the uncertainty of deployment and forward operations.

It seems to me comfort isn't part of serving in our Air Force. Openness, adaptability and core values are what keep our Air Force great. So, stay positive and flexible.

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Deadline for copy is 1 p.m. Friday for the following Friday's issue. Copy must be typed and double-spaced or e-mailed, in 12-point type and on a 60-character line.

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David Stephens
Eric Upton
Albert Valenine

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15th Civil Engineer Squadron

Phillip Donovan

15th Logistics Readiness Squadron

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15th Service Squadron

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Steven Vilpors

502nd Air Operations Squadron

Jason Virag

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Clifton Durham

56th Information Warfare Flight

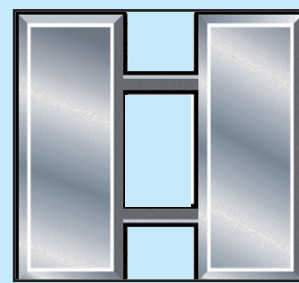
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Burt Okamoto

735th Air Mobility Squadron

Andrew Scott

15th Communications Squadron

David Webb

Bone marrow registration 5 minutes to save another's life

By Master Sgt. Dale Brocious

Hickam Blood Drive Program co-manager

Five minutes is all it takes to fill out a two-page form and provide one tube of blood to potentially save a person's life.

That person may be your child, loved one, family member or somebody you've never met.

Team Hickam is sponsoring a bone marrow registry drive Thursday as part of the Department of Defense and national marrow donor program. The

drive will take place from 10 a.m. to 3 p.m. adjacent to the BXtra main entrance.

Every year, an estimated 30,000 Americans are diagnosed with leukemia, aplastic anemia or other fatal blood diseases according to the Department of Defense Web site. Close to 500 of those are military personnel and family members.

For many, the only hope for survival is a marrow transplant, and more than two-thirds of these patients cannot find a match within their own family; they

need to find unrelated marrow donors.

Registration is easy, safe, simple and free for all military personnel, family members, the department's civilian employees, and contractors between the ages of 18 and 60.

Bone marrow type is different than blood type, so even those told they can't give blood can most likely still join the bone marrow registry. Registration is authorized even if you have taken anti-malaria medication, had a recent tattoo, or lived in Europe (common disqualifiers for donating blood).

This is the first drive in Hawaii in more than three years, according to Navy Lt. Cindy Campbell, bone marrow donor drive coordinator.

"Imagine having the chance to give someone with leukemia an opportunity for full recovery," Lieutenant Campbell said. "Normally, we wait until we're affected personally to get involved, but think what it would be like if your own child or loved one had leukemia and your family was the next in need."

For more information, call 1-800-MARROW-3, or call 449-1584, ext 250.

Security awareness day set

By 2nd Lt. Brent Tadych

15th Operations Support Squadron

Tuesday is Security Awareness Day for the 15th Airlift Wing.

Mandatory briefings for all wing personnel are scheduled for 9 a.m. and 1 p.m. in Hangar 7. A briefing for Pacific Air Forces personnel is scheduled for March 15, 1 p.m. in the same location.

Ray Semko, better known as the DICE man, which stands for Defensive Information to Counter Espionage, will join Team Hickam as the featured speaker.

Mr. Semko's 30-year background in military and government service includes time as an Army counterintelligence agent, work for the Defense Intelligence Agency where he first created his DICE briefing, and also counterintelligence expert for the Department of Energy.

He has performed security assessments for

the Army, Pentagon and Joint Chiefs of Staff among others. However, the DICE man may be best known for captivating audiences with his provocative, uncompromising and even irreverent look at the worlds of espionage and terrorism that is as informative as entertaining.

"I'm dedicated to getting the word out," Mr. Semko said. "Awareness is the best OPSEC countermeasure."

The message at the heart of the DICE briefing is countering adversaries' threats through operations security and personal responsibility, he said. Knowing who the players are, their targets, their methods of operation and, most importantly, how and why information must be protected.

"The DICE man impacted my awareness of security and safety more than any other speaker I've heard," said Marilyn Hamada, 15th AW OPSEC manager. "After hearing the DICE man, I never again thought about our security

and freedom the same.

"If education is the best defense, then Mr. Semko's DICE briefing will undoubtedly help in Team Hickam's effort to stay vigilant and stay safe," Mrs. Hamada said.

Along with the DICE Man, representatives from the Joint Terrorism Task Force, Office of Special Investigations, security forces, EOD, Honolulu Police Department and others will be on hand to answer questions and demonstrate their role in helping to keep us safe.

Bus service is scheduled Tuesday from 8 to 8:50 a.m. and noon to 12:50 p.m. It will begin at the Shopette on Kuntz Boulevard with stops at Burger King and the 15th AW headquarters building. Another bus will run during the same times from the HIANG cafeteria to Hangar 7. Return service will also be provided.

For more information, visit the 15th AW OPSEC web site at www.hickam.af.mil/opsec/ or contact Mrs. Hamada at 449-0013.

Force protection construction equals safety for Team Hickam

Story and photos by
Airman Ryan Simpson
Staff Writer

Construction projects are popping up all around Hickam.

New facilities, roadwork and force protection improvements are among a few of the things 15th Civil Engineer Squadron members are currently working on.

One project impacting Team Hickam drivers is along O'Malley Boulevard where 15th CES is putting new anti-terrorism/force protection measures in place.

"This construction is required to install mandated anti-terrorism/force protection measures for our PACAF and base operations facilities," said Capt. Reid Matsuda, 15th Civil Engineer Squadron Deputy of Contracting Engineering.

According to Captain Matsuda the construction is important because the end result will provide necessary stand-off distances and improve the current traffic flow that has been in a temporary state since the events of Sept. 11. Parking is also being rearranged to accommodate the AT/FP requirements, he said.

The construction project is set to play a huge role in the new look of Hickam.

"This project will replace the temporary barricades around the PACAF building with permanent ones and improve the current traffic



15th Civil Engineer Squadron contractor uses a back hoe to tear up the grass in preparation to level the ground in order to comply with force protection measures.

flow," said Captain Matsuda.

Once completed, the traffic pattern along O'Malley Boulevard will be corrected and open again to outbound traffic.

"There will be an increasing number of construction projects on Hickam AFB during the upcoming

years," said Col. Ray Torres, 15th Airlift Wing commander. "Although these projects will enhance our base, safety is our primary concern. We request all of Team Hickam be vigilant of themselves and our children to ensure these projects are completed without injury to our base population," he said.

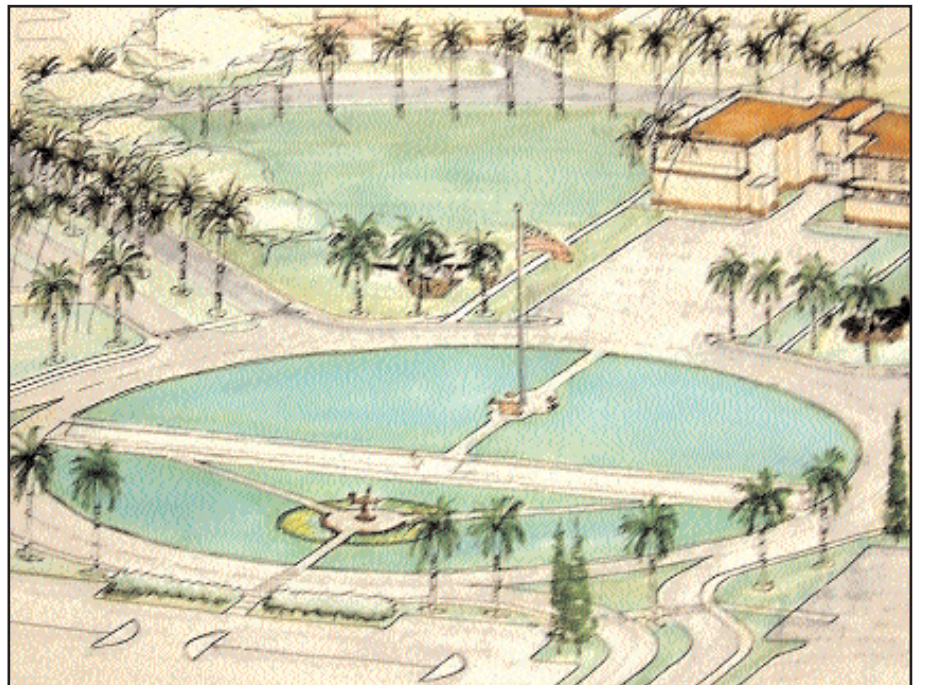
"This project is being phased to minimize inconvenience to our Hickam community," said Captain Matsuda. "Because of the size and complexity of this project, there will be some inconveniences but we ask that you bear with us."

"The construction is for a relative-

ly short duration and will provide the needed protective measures while definitely improving the base appearance and traffic flow in and around the headquarters facility," he said.

Team Hickam will be affected throughout the construction process with temporary traffic patterns and parking renovations. All traffic pattern changes and parking revisions will be published in the *Kukini* and the commander's access channel in advance.

The construction began Feb. 23 and the completion date is set for December.



Above: Artist's rendering of Atterbury Circle, surrounding the P-41 World War II memorial, after completion of the construction project.

Left: 15th CES contractors are placing new bollards around the Pacific Air Forces and base operations facilities.

Retiree Affairs Office back in business

By 2nd Lt. Craig Savage
15th Airlift Wing Public Affairs staff

The 15th Airlift Wing Retiree Affairs Office is now open for business and none too soon with Retiree Appreciation Day looming March 30.

Kevin Smith, a retired Air Force Lt. Col. accepted the volunteer position of director of Retiree Affairs in January. The RAO acts as the liaison with the retiree community and base agencies, according to the Air Force Personnel Center homepage. This may come as a surprise to some retirees in the Hawaiian islands

since this position has been vacant for more than 18 months.

"It's a difficult position for which to attract volunteers since many military members retire and immediately begin their second career," said Mr. Smith. "I hope to be able to answer questions or point retirees or their spouses in the right direction to get their concerns addressed."

Mr. Smith had a wide variety of experiences during his active-duty days which covered more than 20 years. He was a missilier, a commander and retired after serving as senior civil engineer at the Air Command and Staff College where he was on the faculty.

Mr. Smith expects his experiences should give him a solid basis to be able to assist the retiree community in Hawaii.

Communication with the retirees who reside in the Hawaiian islands is crucial. The RAO will soon establish a Web site which will provide an e-mail address for retirees to get in touch with Mr. Smith and his staff and should help increase the reach to retirees on all the islands.

The first newsletter is expected in April. To conserve printing resources, Mr. Smith hopes that the Web site will be a place most retirees will pick up an electronic copy of the newsletter.

"I'm looking for all kinds of good ideas from the retirement community on what should be routinely addressed in their newsletter," expressed Mr. Smith.

Volunteers interested in helping the RAO can contact Mr. Smith or visit him at the Retiree Appreciation Day opening ceremonies.

Mr. Smith's office is located in the 15th Mission Support Squadron, room C-107, in building 1102. His phone number is 449-0674. Mail can be sent to 15th AW/CVR, 25 E Street, Suite C-107, building 1102, Hickam AFB HI 96853-5492. Office hours are Monday and Wednesday 9 a.m. to 4 p.m.



The Crime Line

The 15th Security Forces Squadron would like to keep the Hickam community abreast of security forces incidents on Hickam AFB. Here is a sample of sanitized excerpts from the security forces blotter.

Damage to private property/ curfew violation/malicious mischief/theft of private property

Location: Mokulele overpass

Victim/complainant: Military family member

Subjects one through three: Military family member

Synopsis: The victim entered the Hickam Security Forces Control Center to report damage to his vehicle while exiting the installation. The victim told SFCC while driving under the Mokulele overpass just outside the main gate he heard several loud thuds come from the front of his vehi-

cle. The victim also related seeing multiple individuals wearing dark clothing on top of the overpass. The victim pulled over, examined the front of his vehicle, and noticed a large dent and accompanying paint damage. This was the second report of suspicious activity concerning the Mokulele overpass the SFCC had received that evening. The SFCC dispatched multiple units to investigate. A mobile patrolman arrived at the

Mokulele overpass and observed three juveniles in a group near the overpass. The patrolman attempted to make contact with the juveniles but all three fled on foot. After a short pursuit, the patrolman detained the juveniles in a base housing area. Sponsors of the juveniles were contacted and the juveniles were interviewed by a security forces investigator. The juveniles admitted to investigator of throwing rocks off the overpass and were apologetic for their actions. It was determined during the interview the subjects were additionally responsible for the theft of multiple bicycles and electric scooters on base. All three subjects were charged with violation of multiple state statutes and eventually released to their sponsors. All three subjects will appear before a U. S. magistrate to answer the charges. No injuries were sustained by either motorist from the flying rocks; damages to

Classes scheduled to help commanders and shirts get smart on Family violence protection and training

By Tech. Sgt. Mark Munsey
Kukini Editor

The Air Force is a family, both figuratively and literally.

With close to three out of every five active-duty members being married, the majority of the Air Force has dependent spouses and children.

Educating base commanders and first sergeants on detecting and preventing family violence is a huge concern, according to Col. Scott Wardell, 15th Medical Group commander.

"Commanders and first sergeants are the primary lynchpin between individuals and our community support programs," Colonel Wardell said. "Quite often, these individuals receive the first signs of need in their unit and therefore we must ensure all of them have visibility and knowledge of the many community support programs available to help their people."

The training, scheduled for March 18, 9 to 11 a.m. at the Nelles Chapel Annex, was designed specifically to include avenues for interpersonal

dialogue, he said.

"I trust that by coming together we can increase the efficacy of the training by allowing us to learn from each other," Colonel Wardell said. "I'm confident the shared dialogue will enhance the program."

This is the medical community's opportunity to train and collaborate with commanders and first sergeants on the issue of maltreatment, said Capt. Dane Campbell, 15th MDG Family Advocacy office. "Their support is vital to our efforts of finding

families who are in need early, and offering them interventions that change their lives.

"Eradicating maltreatment is a community endeavor and these leaders of our community are an important part of dealing with this problem effectively," Captain Campbell said.

The invitations to the commanders and first sergeants have been sent out, according to Colonel Wardell. There is no need to sign up in advance, but attendance is mandatory.

Air Force Portal provides information, access, 'IM'ing

Hickam senior leaders have asked that all airmen sign up for a new Web-based technology that promises to streamline access to information across the force - the Air Force Portal.

"The Air Force Portal provides members of Team Hickam access to services and information needed to perform their jobs," said Col. Bill Kunzweiler, 15th Airlift Wing vice commander.

Airmen may register for access to the portal by logging onto the Web site at <https://www.my.af.mil> and clicking on the self-registration link. The registration process is self-guided.

"The long-term vision is that the majority of applications and content will come through the Air Force Portal," said Lt. Col. Dan Hausauer, portal integration division chief. "Today there are hundreds of applications that are either accessible through the portal or are actually within the framework of the portal. In fact, the portal has the capability right now to house applications or to link to them on their current environment, wherever they are."

The key benefit to such an integration is the idea of a single user login.

"You can log into the portal with a single user name and password, and from there, these users can get to their applications without having to reauthenticate," Colonel Hausauer said. "Some users within the logistics community have told me that in the past they've had (more than) 50 user names and password combinations, and now they need only one."

A recent change to the portal makes it even easier for users to get access. Now, users can access the system from any Internet-connected computer at home, at work or on the road, Colonel Hausauer said.

The portal now includes an instant messaging system similar to those found on the dot-com side of the Internet. The Air Force Instant Messenger was used most recently during operations in Southwest Asia, Colonel Hausauer said.

"When the war kicked off, a lot of people on the front lines had difficulty getting to phone lines," Colonel Hausauer said. "People with network connectivity were using AFIM to do their job, like ordering mission-essential parts for aircraft or 'IMing' back to their home station in the

United States to ask for assistance."

Besides providing an integrated interface to existing Air Force applications, the portal provides functionality of its own. The portal includes a "white pages" section that lists everybody in the Air Force.

It includes personalization features that let users adjust the presentation to suit their needs. The system even allows users to upload favorites from their desktop computers, so those frequently used Web addresses are available from anywhere in the world.

As more systems are brought into the portal, the Air Force moves closer to its overall vision for a Net-centric force.

"The Air Force vision is to bring a virtual desktop to the airman and to bring all the applications you need to do your job to that desktop," Colonel Hausauer said. "You will have the ability to access them all with one login name and password, they will all work together seamlessly, and you will be able to access them from anywhere. That is the future." (Information courtesy of Air Force News Service)

News Notes

Speakers Bureau

Speakers are needed to address various civic and business organizations, school functions and career day events on a variety of topics. Volunteers can help increase public awareness and appreciation of the Air Force, military life, careers and much more. For more information and to sign up for the Hickam Speakers Bureau, contact Bette Kalohi at 449-9386 or via e-mail bette.kalohi@hickam.af.mil.

Wet Hens

The Wet Hens will be sponsoring a women's basic sailing course March 18 at the Outdoor Recreation Training Room. Sign-up is from 8 to 8:30 a.m. and the class will begin that day at 9 a.m. and end at noon. The 10-week-long Thursday class cost \$80. For more information contact Skipper Amy Cawvey at 421-1008.

Ad for "PCS donations"

PCS'ing soon? Consider donating partially used containers of laundry detergent, hand/dishwashing soap, and bleach to the Hickam S.A.F.E. House Cat Rescue Program. Call 423-2001 and leave a message; a S.A.F.E. House representative will call to coordinate a pick-up time.

HOSC Function

The Military Child Education Coalition will give a presentation during the Hickam Officers' Spouses' Club function March 16. Find out how the MCEC is working in the community to better support the edu-

cation of military children. The social begins at 6 p.m. and the program is at 7 p.m. Cost is \$9.95 for dinner. Reservations are required and must be made by noon March 12. For reservations contact Malia Thompson (A-M) at 421-1179 or Sue Lackey (N-Z) at 422-7283.

SMSgt. celebration

The Chief Master Sergeants of Hawaii cordially invite everyone to join in congratulating Team Hickam's newest senior master sergeant-selects. The celebration is at the Tradewinds Enlisted Club March 17 at 4:30 p.m. The Air Force Band of the Pacific will provide entertainment and there will be free pupus and beverages. For more information, contact Chief Master Sgt. Mike Warner at 449-4546, or Chief Master Sgt. Mary Kochel at 449-8903.

15 MDG Closed

The 15th Medical Group is closed at noon Wednesdays for training. Ambulance services will continue to operate. For an injury with the risk of loss of life, limb or vision, call 911.

Vietnam POW to speak March 12

Dr. Porter Halyburton will speak to Team Hickam about his experiences as a POW after his F-4B crashed over Vietnam Oct. 17, 1965. Dr. Halyburton will speak March 12 at 1p.m. on the Hickam Officers' Club Lanai. The event is open to everyone one a first-come first-served basis. For more information, call Capt. Gina Jackson at 448-8903 ext. 112.

15 MDG Closed for CC Call

The 15th Medical Group is closed at 3 p.m. March 16 for commander's call. Ambulance services will continue to operate. For an injury with the risk of loss of life, limb, or vision, call 911.

25th ASOS change of command

The 25th Air Support Operations Squadron change of command is scheduled for March 11 at 10 a.m. at the missing man formation. Lt. Col. Ken Dorner will relinquish command to Lt. Col. Kevin Cole. Colonel Cole was the Det. 1, 1st ASOS commander at Friedberg Army Installation, Germany. For more information, contact 1st Lt. Mike Connor at 449-6054.

15th OSS change of command

The 15th Operations Support Squadron change of command is scheduled for March 19 at 9 a.m. at base operations. Lt. Col. Daniel Settergren will be relinquishing command to Lt. Col. Chris Davis. Colonel Davis was the chief of safety at the 97th Air Mobility Wing, Altus Air Force Base, Okla. For more information, call 1st Lt. Kim Drews at 449-0011.

Parent workshop

Military Child Education Coalition will be here in Hawaii to conduct a parent workshop on school transitions. The deadline to sign up for the free workshop is Wednesday. For more information or to sign up, contact the Hickam school liaison at 448-5236.

Lending a helping hand

Hickam Environmental Restoration Program assists Mother Nature

By Nicole Clements
15th Civil Engineering Squadron

Hickam Restoration Program engineers bring cutting-edge technology to the base for the latest addition to an ongoing environmental cleanup of an old landfill, which is now the location of the Mamala Bay Golf Course.

Engineers are injecting food grade vegetable oil into contaminated groundwater on the site which is near the first hole of the golf course.

"Research and field experience have shown that by injecting food grade vegetable oil into groundwater that has been contaminated, we can enhance the natural processes that breakdown contaminants," said Erica Becvar, Air Force Center for Environmental Excellence Program Manager for the project. "Hickam Air Force Base is one of only

13 Air Force locations to participate in the AFCEE vegetable oil initiative."

So how does injecting vegetable oil help Mother Nature clean up contaminated groundwater?

"The vegetable oil provides the microorganisms, or bugs, that are naturally present in the ground, with an additional source of food, and thereby supports a larger population of bugs," explained Bill Grannis, remedial project manager.

As the bug population grows and the groundwater composition changes with the addition of the vegetable oil, amazing things start to happen with the contaminants.

"The contaminants separate out of the groundwater into the vegetable oil where there is an increased population of bugs and the bugs then consume the contaminants," said Mr. Grannis. "With the contaminants separated into the oil and the fact that oil and water do not mix, this spells good news for our groundwater."

"The vegetable oil has been injected into the ground in an area where used cleaning solvents were found in the brackish water below the site," said Todd Lanning, chief of Environmental Restoration. "The cleaning solvents were historically used to clean aircraft and other mechanical parts and then disposed of in the old landfill. In terms of human health risks, the site is over salty groundwater that will



Courtesy Photo

Project Site as a landfill in the 1950s.

never be used for consumption and does not pose a risk to human health," he said.

"This method has been used successfully in similar situations around the country, and we are confident that the level of groundwater contaminants will decrease as a result of our efforts," said Mr. Lanning. "The important thing to note is that so far, the vegetable oil is doing what we intended it to do. The contaminants are mixing with the vegetable oil and are being drawn out of the groundwater."

As an added bonus, "The cleanup project will enhance the soil quality and eliminate some of the bare spots that are currently present at the golf course," said Tom Stanfill, Mamala Bay Golf Course manager.

For more information about this, or any Environmental Restoration Office projects, call Nicole Clements at 449-1584, extension 229, or e-mail at christine.clements@hickam.af.mil.



Courtesy Photo

Vegetable oil injection wells at project site in 2003.

Clippable

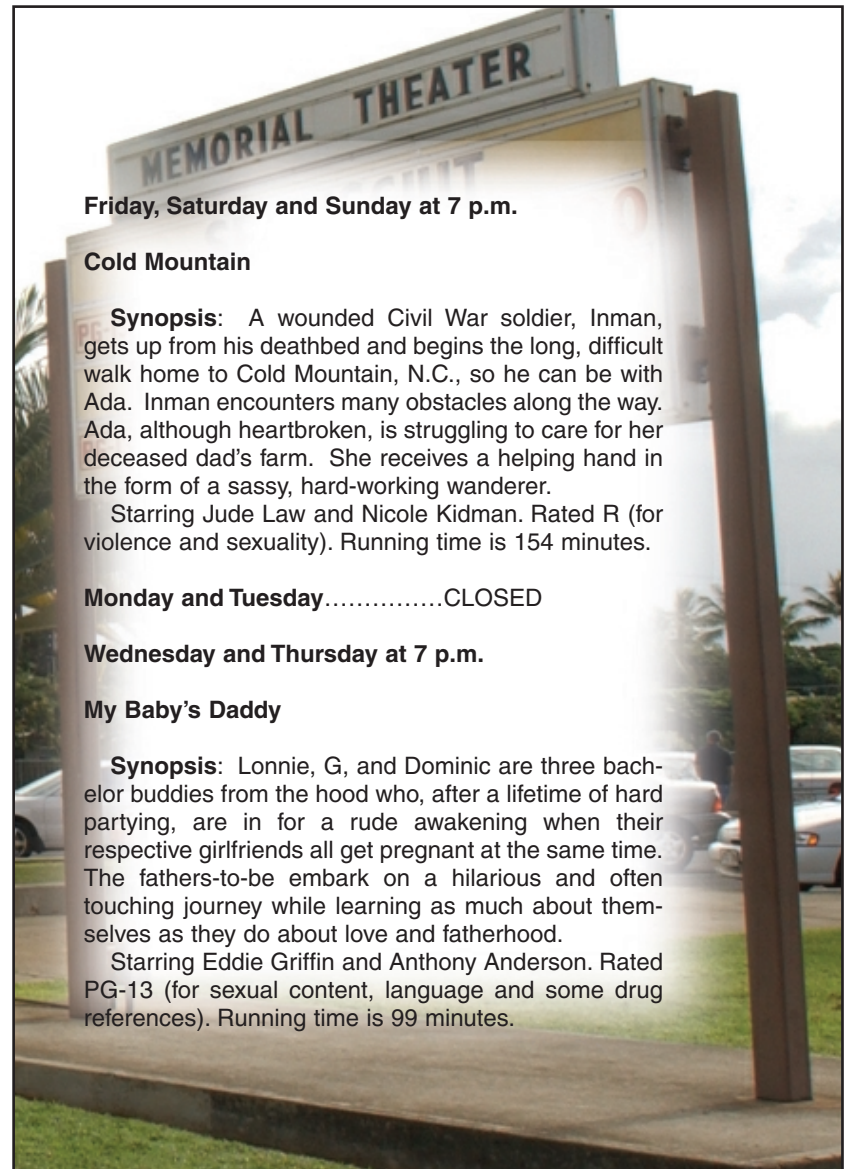
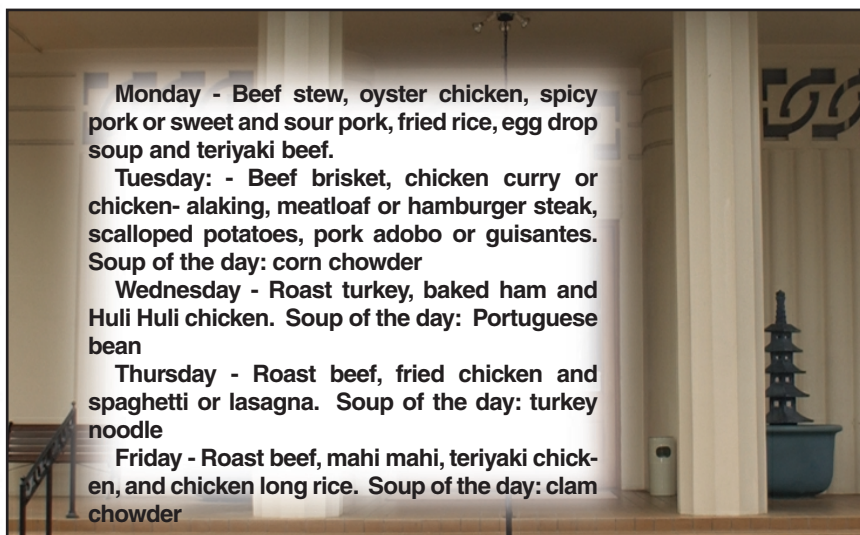
HICKAM Kukini

**Refrigerator-worthy
events happening
on Hickam over the
next seven days**

Movies

Hickam Grind Time

Weekly lunch menus at the Hale Aina dining facility, enlisted and officer clubs.



Chapel

Protestant

Nelles Chapel

Sunday contemporary service - 8:30 a.m.

Gospel worship service - 11:15 a.m.

Chapel Center

Sunday traditional - 8:30 a.m.

Catholic

Nelles Chapel

Saturday confessions - 4:15 p.m.

Saturday Mass - 5 p.m.

Chapel Center

Sunday Mass - 10 a.m.

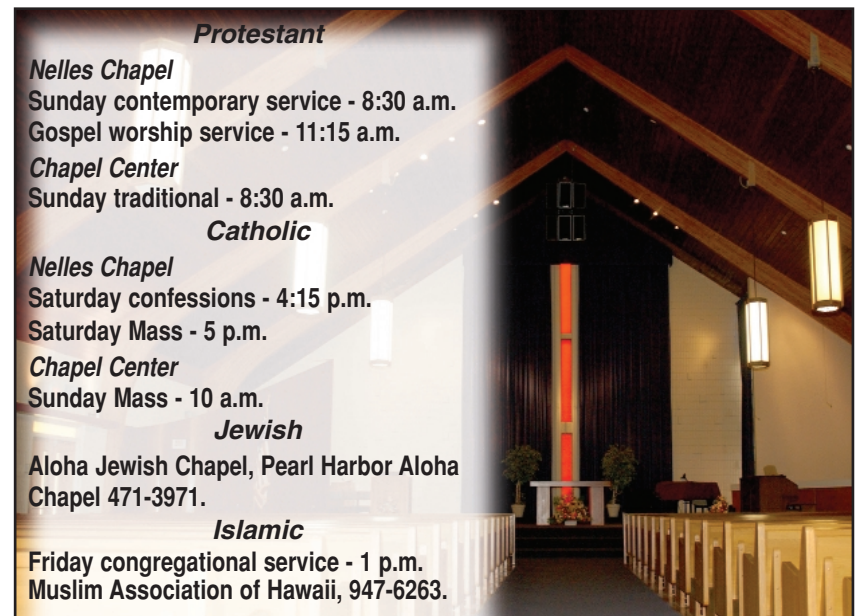
Jewish

Aloha Jewish Chapel, Pearl Harbor Aloha Chapel 471-3971.

Islamic

Friday congregational service - 1 p.m.

Muslim Association of Hawaii, 947-6263.



10TH ANNUAL

TRADEWINDS ENLISTED CLUB GOLF TOURNAMENT

MAMALA BAY GOLF COURSE

MARCH 19, 2004

FOR MORE INFORMATION, CALL 449-1292.

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*Partnering with Team
Hickam pays off*

JASDF flies first humanitarian mission into Iraq

By Maj. Dave Honchul

U.S. Central Command Air Forces-Forward Public Affairs

AL UDEID AIR BASE, Qatar – The Japan air self-defense force flew its first humanitarian mission into Iraq as part of coalition air forces, landing at Tallil Air Base Tuesday.

JASDF trained with Team Hickam members earlier this year in preparation for the first deployment of Japanese military since the end of World War II.

Flying from an undisclosed air base in Southwest Asia, the Japanese C-130 carried 5,000 pounds of supplies for the Iraqi people. This first shipment consisted of medical materials, school supplies and soccer balls.

“We are very proud to do this mission,” said Col. Tadashi Miyagawa, JASDF airlift coordinator here. “The JASDF has been doing the same kinds of missions as peacekeeping operations, but this mission is special for us.”

Once at Tallil, U.S. and Japanese airmen took the cargo from the C-130 and loaded it aboard trucks from the Japanese ground self-defense force. The ground forces will distribute the humanitarian supplies within Iraq.

Officials welcomed the participation from the newest coalition partner.

“What sets this air operations center apart from others is that we are truly a Combined Air Operations Center,” said Maj. Gen. Robert Elder, deputy combined forces air component commander. “I’m thrilled to have the JASDF as part of the coalition team, and so is our commander, (Lt. Gen. Walter) Buchanan. They bring a wealth of experience with them from their peacekeeping operations. We value them as a coalition partner, and we look forward to their continued contributions to our collective efforts in the reconstruction of Iraq.” (*Information courtesy of Air Force News Service*)



Photo by Tech. Sgt. Bob Oldham

TALLIL AIR BASE, Iraq -- Senior Master Sgt. Thomas Halpin kicks a pallet lock into place to secure humanitarian supplies being unloaded from a Japanese C-130. Airmen from the United States and Japan unloaded more than 5,000 pounds of humanitarian supplies here March 3. Sergeant Halpin is the base's aerial port flight superintendent.

Crossword puzzle:

Women’s History Month

- ACROSS
1. Lady

6. First woman elected to the U.S. House of Representatives (1916)

11. Regretted

12. Killer whale

15. Craves

17. Stare

18. Condemn

19. Rubber

20. Blockade

22. Star Trek character

24. Woman who established first charitable organization for women

26. French cubist painter Fernand

28. Oklahoma town

29. Cash machine

30. Runner-up place

31. Lairs

34. First native born American woman to be made a saint (1809)

35. Military pay statement

36. Small restaurant

40. First woman elected mayor in America (1887)

41. Intimidate

43. Direction to NY from Texas

44. Beneath

45. Actor Vigoda

46. Part of a min.

47. Terminate

48. French lady (abbrev.)

50. First U.S. woman with a medical degree (1849)

54. Wisconsin college
55. Type

57. First woman U.S. governor--Wyoming (1925)

60. Italian three

61. Snakelike fish

62. Bet

63. First woman to win a Pulitzer Prize (1921)

64. Golf props
- DOWN
1. Sag

2. Summer mon.

3. Singer Torme

4. Steinbeck novel, East of ____

5. First woman publisher in America (1766)

6. Aries sign

7. National radio network (abbrev.)

8. First US woman to receive a patent (1809)

9. Slight

10. Apollo 11 astronaut Armstrong

13. Bellow

14. Cohort

16. Ostracize

21. US Air Force Korea AB

23. Faction

24. Actor Sean of Sam I Am

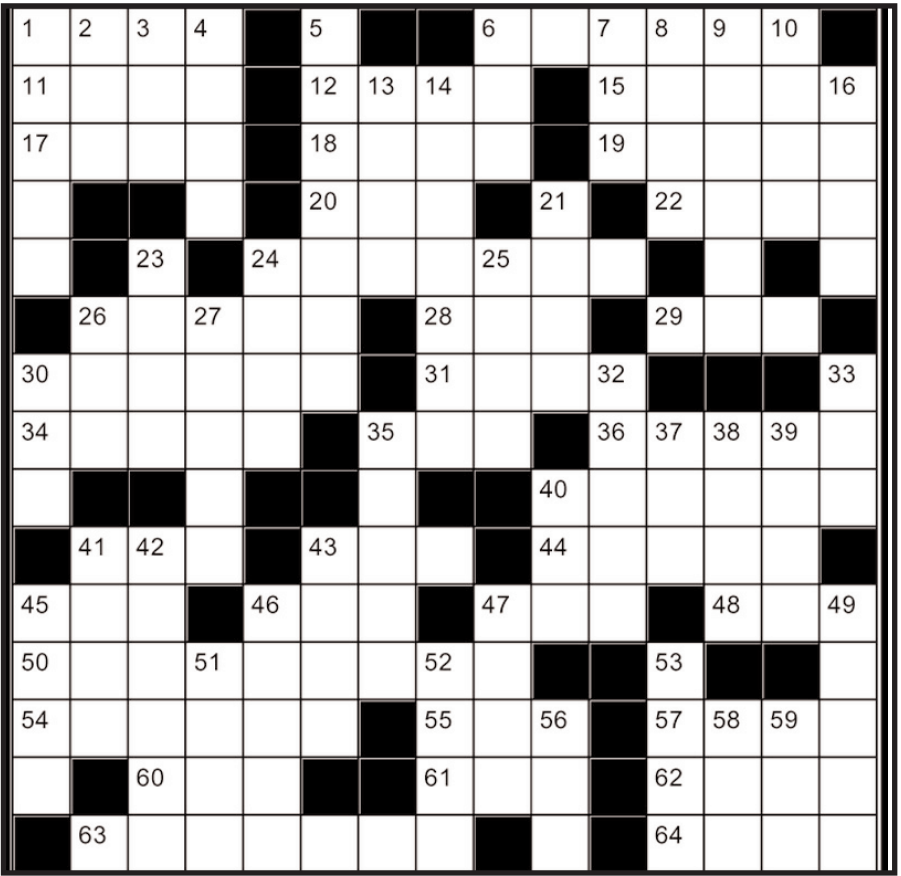
25. Beware the ____ of March; Julius Caesar

26. Confederate general

27. First African-American woman to receive a patent (1885)

30. Compass direction

32. Frequency used for video satellite feed



33. Each

35. Cyclist Armstrong

37. Ancient

38. Object

39. Duration

40. Center of the solar system

41. Competent

42. Affluence

43. Salamander

45. Women's suffragist ____Hadassah Smith
46. What Tommy Moe is

47. Womens’ magazine

49. Relieves

51. Actress Witherspoon of Twilight

52. Garnishment

53. Spoiled child

56. Dutch airlines

58. Single

59. Sault ____ Marie

Women’s History Month

Crossword Puzzle Solutions



Don't become a victim of 'roid rage'

By Capt. David Voltz
15th Airlift Wing Judge Advocate office

Every athlete desires an edge, and most athletes rely on practice and hard work to increase their skill, speed, power and ability.

However, an alarming trend has shown that many military members are resorting to drugs, specifically steroids, to improve their performance and gain an advantage.

They are often referred to as 'roids, juice, hype or pump.

No matter what the name, they're anabolic steroids and are powerful drugs. Anabolic means 'building body tissue' and steroids are designed to simulate the body's natural male hormone, testosterone.

The desired benefits will not come without some dire medical consequences, including infertility, baldness, tendon rupture, increased risk for heart

attacks, liver cancer, acne and cysts and a variety of psychiatric illnesses including 'roid rage' and depression.

"The allure of steroids is that they work," said Capt. David Fouts, 15th Medical Group physician. "Steroids will make you bigger, stronger, faster, but at what cost?"

"Besides the obvious side effects of acne, hair loss, and short temper, they cause testicular shrinkage, loss of sex drive, and infertility," Captain Fouts said. "It is also clear they cause liver cancer, high blood pressure, heart attacks, and strokes.

"Bottom line, they will kill you," he warned.

The dangers of steroids aren't just physical. All anabolic steroids are a controlled substance and are therefore illegal to possess, use or import, according to base medical officials.

Steroids can be obtained in a variety of ways. Often they are sold by people who use steroids themselves to another person they know from the gym. Another,

more anonymous way is to order them over the internet from a country where they are not illegal.

Many military members go to countries where these drugs can be readily obtained, but they are still subject to the Uniform Code of Military Justice and ingesting them anywhere is as illegal as bringing them back into the United States.

Detecting illegal steroid use happens in a variety of ways, according to Scott Schmitt, 15th Security Forces investigator.

"There are a variety of tools available to aid law enforcement in investigating steroid use," Mr. Scott said. "We have had members come forward to relay information when they suspected other Air Force members of using steroids, and U.S. Customs Service inspects packaging coming from countries where steroids can be ordered and they regularly check persons returning from those countries."

For more information, contact the base judge advocate office at 449-1737.



Hickam Fitness and Sports Center

Group exercise schedule

Monday 5:30 a.m. – Fit Step, Endurance Spinning 8:30 a.m. – Fit Step 9:30 a.m. – Yoga 10:30 a.m. – Aqua Class 11:30 a.m. – Pump with step, Strength Spinning 4 p.m. – Basic Step 5:15 p.m. – Step Challenge, Interval Spinning 6 p.m. – Yoga 6:30 p.m. – Total Body	Yoga, Interval Spinning 4 p.m. – Fit Step 5:15 p.m. – H.E.A.T 6 p.m. – Yoga Basics, Strength Spinning 6:30 p.m. – Cardio Kick and Jab Wednesday 5:30 a.m. – Pump with step, Interval Spinning 8:30 a.m. – Pump with Step 9:30 a.m. – Yoga 10:30 a.m. – Aqua Class 11:30 a.m. – Pump with step, Endurance Spinning 4 p.m. – Basic Step 5:15 p.m. – Step Challenge,	Strength Spinning 6 p.m. – Yoga 6:30 p.m. –Gutz-n-Butz Thursday 8:30 a.m. – Gutz-n-Butz 11:30 a.m. – Cardio Kick and Jab, Yoga, Strength Spinning 4 p.m. – Fit Step 5:15 p.m. – Total Body work out 6 p.m. – Yoga, Interval Spinning 6:30 p.m. – Cardio Kick and Jab Friday 5:30 a.m. – Boot Camp 8:30 a.m. – Multi Step 9:30 a.m. – Yoga	10:30 a.m. – Aqua Class 11:30 a.m. – Pump with step, Interval Recovery 4 p.m. – Cardio Challege, Yogalates 5:15 p.m. – Step Challenge Saturday 7:15 a.m. – Yoga 8:30 a.m. – Total Body Workout 9:15 a.m. – Step Challenge, Interval Recovery 10:30 a.m. – Cardio Kick and Jab Sunday 10:30 a.m. – Pump with Step 4 p.m. – Yogalates
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Soccer Schedule

Monday

5 p.m – 15th CES vs. HQ PACAF
6 p.m – 15th CS vs. 352nd IOS
7 p.m – 735th AMS vs. 324th IS
8 p.m – 15th SFS vs. 502nd AOG

March 22

5 p.m – 324th IS vs. 352nd IOS
6 p.m – 15th CS vs. 15th CES
7 p.m – HQ PACAF vs. 735th AMS
8 p.m – 15th SFS vs. 15th CES

Thursday

5 p.m – 324th IS vs. 15th CS
6 p.m – HQ PACAF vs. 502nd AOG
7 p.m – 352nd IOS vs. 15th CES
8 p.m – 15th SFS vs. 735th AMS

March 25

5 p.m – 352nd IOS vs. 502nd AOG
6 p.m – 735th AMS vs. HQ PACAF
7 p.m – 15th CS vs. 15th CES
8 p.m – 324th IS vs. 15th SFS

Intramural Soccer Standings				
Current as of March 1				
Rank	Team	Wins	Losses	Ties
1	HQ PACAF	5	0	0
2	15th CES	4	1	1
3	502nd AOG	3	1	2
4	15th CS	2	3	1
5	324th IS	2	3	1
6	15th SFS	1	3	2
7	735th AMS	1	4	1
8	352nd IOS	0	3	3

Basketball Standings				
Current as of Feb. 27				
Monday-Wednesday League				
Rank	Team	Wins	Losses	Win %
1	15th CES	7	1	.875
2	PACAF CSS	6	2	.750
3	15th SFS	7	3	.700
4	15th SVS	6	3	.667
5	HQ PACAF	4	3	.571
6	324th IS-A	2	8	.200
Tuesday-Thursday League				
Rank	Team	Wins	Losses	Win %
1	352nd IOS	7	2	.778
2	735th AMS	7	2	.778
3	502nd AOG	6	3	.667
4	PACAF RSS	6	3	.625
5	15th MDG	4	3	.500
6	HIANG	3	4	.333
7	15th CS	1	8	.125
8	324th IS-B	0	9	.000

Men’s basketball schedule

Monday

6 p.m – 15th CES vs. PACAF CSS
7 p.m – HQ PACAF vs. 15th SFS

Thursday

5:30 p.m – 324th IS-B vs.15th MDG
6:30 p.m – HIANG vs. 15th CS
7:30 p.m – 352nd IOS vs. 502nd AOG
8:30p.m – PACAF RSS vs. 735th AMS

Tuesday

5:30 p.m – 352nd IOS vs. PACAF RSS
6:30 p.m – HIANG vs. 502nd AOG
7:30 p.m – 15th CS vs. 324th IS-B
8:30 p.m – 735th AMS vs. 15th MDG

March 15

Make-Up Games

Wednesday

6 p.m – 15th SVS vs. 324th IS-A
7 p.m – HQ PACAF vs. 15th CES

Teams not on schedule have a bye that night. Season ends March 25 with any make-up games.

Racquetball Standings		Rank	Team	Points	4	735th AMS	12
February 26 2004		1	HIANG- A	18	5	15th CES	8
		2	HQ PACAF	14	6	HIANG-B	7
		3	PACAF RSS	14	7	324th IS-A	5
					8	15th CONS	4

Winning ugly, losing uglier

By Tech. Sgt. Mark Munsey
Kukini Editor

If beauty is in the eye of the beholder, most who witnessed Monday's intramural hoop action will not be holding any fond memories of the night's first contest.

In a game marred by turnovers and questionable shot selections, the 15th Civil Engineer Squadron built a 4-point halftime lead and coasted to victory over the 15th Services Squadron to take sole possession of first place in the Monday/Wednesday league.

As often happens in intramural basketball games, the first few minutes are a shaking-out period, punctuated by timid offense, so it was not much of a surprise when the two teams were tied at four all after the first 4 minutes of the game.

Unfortunately, the only movement on the scoreboard over the next 4 minutes was the game clock, and in the first 8 minutes of the game there were still only 8 points scored, by both teams combined.

CES went on something of a scoring binge in the next 7 minutes, scoring a pair of hoops and a free throw to go up 9 to 4 with 5 minutes left in the half.

For those of you keeping score, that's a combined 13 points in 15 minutes.

The barn was definitely not burning.

But in the final quarter of the first half, both team's offensive lamp was lit and they spent the final 5 minutes exchanging baskets and fouls, doubling their combined scoring effort to that point, with 15th CES going into the intermission leading 15th SVS by 4 points, 15-11.

The halftime score was far closer than the game implied, according to Craig Frost, 15th CES coach, and he spent the break discussing what his team needed to do to take advantage of their talent.

"I told the team to keep plugging away on offense, but continue our outstanding defense and we will come away with the victory," said Coach Frost.

In the second half, the 15th CES team heeded that advice and used their advantage on the defensive glass to limit 15th SVS to 'one shot and out' time and time again.

In the last 10 minutes, 15th CES lead fluctuated between 11 and 5 points, with 7 totaling the final difference.



Photo by Mark Dey



Photo by Mike Dey

Xavier Fairley, 15th Civil Engineer Squadron blows by Jerime Reid, 15th Services Squadron, during second half play.

Alberto Flores, 15th CES splits the 15th SVS defenders for a layup during first-half action Monday night.